



THE | SAGE

May/June 2021

Connecting Lexington residents age 60+ to information, programs, and services.

Hemali's Highlights: Assistant Director's Report:



In this edition of the The Sage I would like to introduce Gwen Jefferson. Gwen is the Administrative Clerk for the Human Services Department but she does so much for the Senior Services Division that I consider her a part of our group. She is the sole person responsible for creating The Sage every other month and we are so grateful for that. I've known Gwen for the past six years but Gwen has been here longer than any staff in the Senior Services Division with, 11 years under her belt.

Along with creating The Sage, Gwen also plans our monthly lunches, currently labeled as Grab and Go events. Gwen tries to use local establishments for our lunches to keep our business local. Gwen is in charge of selecting our afternoon movies, which we can't wait to get back to when we open. Gwen is also the voice you often hear when you get your program reminder calls. We're so fortunate to have such an amazing colleague working with us. Gwen sits behind the front counter, be sure to say "hello" to her when we open our doors back up. She would love to hear your suggestions and comments.

Lastly, I'd like to conclude this with a few words from Gwen on why she loves working here and with all of you:

- "In my role as part time admin clerk I enjoy working on the bi-monthly newsletter, to include programs and special activities that engage our seniors."
- "I have formed friendships and bonds with many of our seniors over the years."
- "I have learned so much from our seniors. So many of them are such positive, strong individuals with such amazing life stories."

We hope you'll register for our many programs so you can have the privilege of interacting with Gwen.

Until Next Time,

Hemali

Community Center Re-opening Survey

As we evaluate what a safe re-opening of the Community Center will look like for the community, we invite you to share your input by participating in our short survey:

<https://www.surveymonkey.com/r/LCCReopen>



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lexingtonma.gov/human-services

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TRANSPORTATION
781-861-1210

HOME DELIVERED MEALS
888-222-6171

Human Services Zoom Sign-Up Programs

Sign-up begins April 14 for residents/April 21 for non-residents
at 781-698-4840 or on-line at <https://lexrecma.myrec.com>

Falls Prevention Collaborative Workshop, Tuesday, May 4, 10:00 - 11:00 a.m.

A workshop developed by injury prevention professionals at Brigham and Women's Hospital, Tufts Medical Center, and Beth Israel Deaconess Medical Center. Participants will learn about the factors that can increase their risk of falls, how to mitigate fall risk factors, and provides information for fall prevention programs.



Cinco De Mayo Grab and Go, Wednesday, May 5, 12:00 -1:00 p.m.

Join us as we celebrate Cinco De Mayo. Enjoy traditional Mexican samplings and a Margarita mix to go!

Wellness Series presented by BCBS - (30 minutes) by BCBS - One Sign up for all three classes

Immunity Boosters and Busters – May 5, 2:00 – 2:30 p.m.

Meditation for Busy Minds – May 27, 2:00 – 2:30 p.m.

Eight Happiness Boosting Strategies – June 8, 10:00 – 10:30 a.m.



Wildflowers of the Northeast, Thursday, May 6, 2:00 - 3:00 p.m.

This presentation celebrates the intricacy and beauty of our native and naturalized flora. The survival value of the unique adaptations of wildflowers for photosynthesis, pollination, and seed dispersal are described, and tips for establishing wildflower gardens and meadows are also discussed. Hosted and cosponsored by the Lexington Council on Aging. *Supported in part by the Lexington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



Expressive Art - Tissue Paper Flowers, Monday, May 10, 10:30 a.m. - Noon

These fun flowers can jazz up any space in your house.

Low Back Pain and Sciatica Workshop Orthopaedic Plus, Wednesday, May 12, 10:00 - 11:00 a.m.

Back pain is the number one most common orthopedic issue in the US. The best way to deal with your back pain is to identify the source of the problem. Once you do that, helping it get better is easy. In this presentation we will teach you about low back pain - what it is, what causes it, and how to deal with it.

Interested in Bridge? Wednesday, May 12, 1:00 - 2:00 p.m.

Calling all Lexington bridge players! Play bridge with the people you already know here in Lexington online—not strangers or robots. Doug Fisher (from the Wednesday bridge group) will organize and walk you through how we can do this. It's free, and tables of four can schedule themselves at a mutually convenient time.



Dale Tamburo, Estate Planning, Wednesday, May 19, 1:00 - 2:00 p.m.

Dale will present on Estate Plan planning. Come with your questions so that you can get the most of your estate plan.

Baseball Show Grab and Stay Lunch, Thursday, May 20, 12:30 - 2:00 p.m. - Charge of \$5

Disclaimer: Mailing in payments may prevent you from getting in the program due to limited spots, we are now accepting credit cards. In the event of rain, the Baseball Show will happen via Zoom.

Join us outdoors at the LCC for traditional ballpark fare, hotdog, peanuts, and more. During lunch enjoy a musical baseball show with local singer-guitarist Howie Newman. Howie, a former sportswriter who covered the Red Sox for many years, will sing baseball songs, offer up baseball trivia, talk about his days on the Bosox beat and hold a free raffle for his two baseball CDs. He has remained an avid fan, having visited 94 major and minor league ballparks. *This program is supported in part by a grant from the Lexington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



The Music of WWII with John Clark, Thursday, May 27, 2:30 - 3:30 p.m.

The Political and Romantic Songs of WWII highlights some of the most popular music of the war years (1939-1945). You'll hear and see performances of sentimental songs of love and separation as well as those tied to particular events and situations presented by this war. Songs that spoke in behalf of soldiers and their spouses and families whose relationships were interrupted by this global conflict. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Bing Crosby, Judy Garland, Vera Lynn, Kate Smith, Vaughn Monroe and Spike Jones.



Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

Zoom Sign-Up Programs Continued

**Sign-up begins April 14 for residents/April 21 for non-residents
at 781-698-4840 or on-line at <https://lexrecma.myrec.com>**

Barry Pell - Galapagos Islands, Friday, June 4, 3:00 - 4:00 p.m.

The Galápagos Islands may inspire you to think differently about the world. Located on a remote archipelago of volcanic islands 600 miles west of Ecuador's Pacific coast, the Galápagos is home to tortoises, iguana lizards, playful sea lions, and a menagerie of exceptional birds from blue-footed boobies to red pouted frigate birds.

Jazzin' the Blues - Paul Speidel - Outdoor Event, Friday, June 11, 1:00 - 2:00 p.m. (Via Zoom if Rain)

The program takes listeners on a musical journey from the beginnings of Jazz and its Country Blues roots, right up to the modern day with examples of the Blues influences-not just in Jazz-but also Latin, Soul and Rock-n-Roll! *Supported in part by a grant from the Lexington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



Dance Caliente, Outdoors, Monday, June 14, 11:00 a.m. - Noon, (rain date June 16, 11:00 a.m. - Noon)

Come watch Eileen and Raul perform one of the dances that will be appearing in their new movie 'Dance Caliente Brings the World to Your Feet' If all goes well, and there is time, Eileen and Raul will take dance requests from the audience. *Supported in part by a grant from the Lexington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



Dale Tamburo, Estate Planning Documents, Wednesday, June 16, 1:00- 2:00 p.m.

Learn about Elder Law and what the essential estate planning documents you should know about are.

June Grab N Go - Seafood Delite, Thursday, June 17, 1:00 - 2:00 p.m. Charge of \$5

Join us for a seafood roll, chips and strawberry shortcake for dessert. **Disclaimer: Mailing in payments may prevent you from getting in the program due to limited spots, we are now accepting credit cards.**

Expressive Art - Pop-Up Greeting Cards, Monday, June 21, 10:30 a.m. - Noon

We will start with the foundational pop-up and then you'll be able to craft your own. Use any fun supplies that you think would be great to pop out of your next greeting card!



Other Zoom Programs - See individual sign up directions below for each program

"Zoom Knitters" Sunday, April 25, May 9, May 23, June 6 and June 20, 2:00 - 4:00 p.m.

For more information contact Anita Rossiter: anitalaurabr@gmail.com



Computer and Technology Discussion Group, Wednesdays, May 5 - June 30, 10:00 - 11:30 a.m.

Visit <http://LCTG.toku.us> for upcoming meetings. This page also has information on how to join. Once a member, you will receive a weekly reminder of the next meeting topic with a link to Zoom.



Current Events Discussion Group, Fridays, May 7 - June 25 at 1:15 p.m.

Join us for a lively discussion of the issues of the week. All are welcome. Sign up at bob@metaprosystems.com

Deep Thought Discussions on Wednesdays, 6:45 - 9:00 p.m. <https://www.facebook.com/deepthoughtslex>

Join us for a different thought provoking topic each time. [Zoom.us/join](https://zoom.us/join), Meeting ID: 392-906-8802, Password: BOSTON

OWLL Spring Semester - Register Now. There are still openings available!

Renaissance Musical Masterpieces, Laura Zoll, 5 Mondays, May 3, 10, 17, 24, June 7, from 10:00-11:30 a.m.

This course explores the glorious music of the 14th- 16th centuries through the composers, strange instruments, early harmonies, and illuminated manuscripts of Renaissance Europe. Treat yourself to a trip back in time when new harmonies were the cutting edge of musical composition.



The Power of Persuasion: Rank, Class, Money, Family (and Love) in Austen's Persuasion. Elizabeth Kenney, PhD. 5 Wednesdays, May 12, 19, 26, June 2, 9, from 10:00 a.m. - Noon

While Austen's *Persuasion* portrays the challenges of making the right marriage, her keen eye also exposes the impact of social, economic, and political realities on individual lives. This class will explore the complexity of Austen's novel.

Sign up at 781-698-4840 or on-line at <https://lexrecma.myrec.com/> search under OWLL courses.

\$25 for Residents, \$50 for non-residents. For more information visit <https://friendsoftheco.org/about-owll.asp>

Outreach

May is Mental Health Month Tuesday, May 11, 6:30 p.m.

Presented by Mike Veny,
International Mental Health
Speaker and Bestselling author of



Transforming Stigma: How to Become a Mental Wellness Superhero

To learn more about this program or to sign up visit
www.lexingtonma.gov/human-services OR call Sharon
Gunda at 781-698-4851 OR email
sgunda@lexingtonma.gov

Have questions or need help with technology? Need help navigating through Zoom?

Contact Michelle Kelleher at
mkelleher@lexingtonma.gov and she
will put you in touch with a student
from the Intergenerational Outreach
Club. They can help with your
smartphone or Ipad. One-on-One
help via phone or Zoom.



One-on-One Appointments at the Community Center

Limited one-on-one in-person appointments are
available for issues/concerns that cannot be handled
by phone or virtual appointment with staff.

**For an appointment with a Human Services staff
person, please call 781-698-4840.**

**For an appointment with a Recreation &
Community Programs staff person, please call
781-698-4800.**

Virtual Caregiver Support Group

Tuesday, May 4 & June 1, 5:30 - 6:30 p.m.

Sign up at sgunda@lexingtonma.gov

Caring for a loved one with a chronic illness?
Stressed, overwhelmed? Looking for a place to vent
and share ideas?

Join the Virtual Caregiver Support Group.



Scams Corner

Ten Brief Steps to Avoid Scams



1. Never send money to someone you do not know or have not met before.
2. Don't click on links in unsolicited email.
3. Be aware of being told to buy gift cards for transactions
4. Don't buy online unless the transaction is secure.
5. Be cautious when dealing with anyone you have met on-line.
6. Never share personally identifiable information with anyone who has contacted you unsolicited.
7. Don't be pressured to act immediately.
8. Use secure, traceable transactions when making payments.
9. When possible, work with local businesses.
10. Be cautious about what you share on social media.



LHS Senior
Pen Pals Club

BECOME A PEN PAL



Founded by Haley Creighton
and Julia Arnold, the club
connects LHS students with
senior citizens in Lexington via
Zoom, email, or letters.

CONTACT
LHSENIORPENPALS@GMAIL.COM
FOR MORE INFORMATION!



Health and Wellness

Nutrition Talks - (via Zoom) Sign up at 781-698-4840 or online at <https://lexrecma.myrec.com/>

May is Stroke Awareness Month, Friday, May 21, 11:00 a.m. - Noon

Barbara will talk about nutrition's role in the prevention of stroke and what type of foods should be included and/or limited in your diet.



Anti-Inflammatory Diet, Friday, June 18, 11:00 a.m. - Noon

Barbara will talk about which foods are part of an Anti-Inflammatory Diet and how following this diet can help with pain management.

One-On-One Nutrition Telephone Appointments

Sign up at 781-698-4840 or online at <https://lexrecma.myrec.com/>

Have a virtual conversation with Barbara Collins, Registered Dietitian Nutritionist, to discuss your personal nutrition concerns, a free service available to Lexington Seniors.

Cooking with Anastasia - (via Zoom) Sign up at 781-698-4840 or online at <https://lexrecma.myrec.com/>

Cooking with Anastasia - Eating for Stroke Prevention Friday, May 28, 11:00 a.m. - Noon

We will learn how to properly prepare beans for full nutritional benefit. We will cook *Gigantes*, giant lima beans in the oven with kale and bacon. Brain health and stroke prevention depend on blood that is free of clots. Vegetables, and especially greens, get us there! Dr. Galanopoulos, a parenting, education, and wellness coach, helps people learn to eat for gut, mental, and overall health.



Cooking with Anastasia, Eating to Reduce Inflammation, Friday, June 25, 11:00 a.m. - Noon

We'll cook *gemista*, a vegetarian meal of stuffed peppers and oven-roasted potatoes. Inflammation is reduced by increasing your consumption of vegetables and fruits, so substitute plant-based options wherever you can. *Gemista* can be eaten hot or cold and are an excellent prebiotic. Dr. Galanopoulos, a parenting, education, and wellness coach, helps people learn to eat for gut, mental, and overall health.

Parkinson Support Group - via Zoom

Tuesday, May 25, 1:00 - 2:00 p.m.

Tuesday, June 29, 1:00 - 2:00 p.m.

For more information or to register contact the Human Services nurse, Asmae at aelalami@lexingtonma.gov or by phone at 781-698-4847.



Blood Pressure Clinics are returning to the Community Center!

Available Dates:

Tuesday, May 11, 9:00 a.m. - 2:00 p.m.

Thursday, May 20, 9:00 a.m. - 2:00 p.m.

Tuesday, May 25, 9:00 a.m. - 2:00 p.m.

Thursday, June 3, 9:00 a.m. - 2:00 p.m.

Tuesday, June 8, 9:00 a.m. - 2:00 p.m.

Thursday, June 10, 9:00 a.m. - 2:00 p.m.

Please call 781-698-4847 to schedule your 15 minute appointment. Appointments will take place outdoors weather permitting.



Medicare Savings Programs (MSP)

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? **The Medicare Savings Program** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. **To schedule an appointment with your local SHINE counselor call 781-698-4840.**

- Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940
- Couples with incomes between \$1888 and \$2396 with assets less than \$23,920



Community News

Recreation & Community Programs

We have lots of exciting news to share this spring! **Tennis Memberships** are now available. Spring and Summer **Fitness Sessions** are open for registration. FREE monthly **Park Pop Ups** will continue. We are also excited to announce that the **Irving H. Mabee Town Pool Complex** will be open this season.

Personal Training Sessions with Judy Whitney via Zoom Tuesdays at 9:00 a.m. or Wednesdays at 10:30 a.m.

Sign up to work with Judy for 2 one-hour sessions beginning April 6 - May 26. She will evaluate you and prescribe the best exercises to do at home.

Coffee Breaks with Judy Whitney & Theresa Scannell Tuesdays, April 6 - 27 at 1:30 p.m.

Join this group for discussions on social, emotional, and physical well-being during the Pandemic. **This project is supported by a grant from the Dana Home Foundation.**

For more details or to register, please visit:

<https://lexrecma.myrec.com/>

Pine Meadows Golf Club Opportunities:

Exciting seasonal and part-time employment opportunities are now available at Lexington's Pine Meadows Golf Club for the 2021 season. We are looking for individuals with personality and customer service skills for the **Pro Shop** and **Starter/Ranger** positions. Positions in **Course Maintenance** are also available. All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: ja4neg@verizon.net

The Senior Golf League is launching a new website:

<https://www.tsglma.org/>

Community Center Gardening Volunteers

Love the fresh air and meeting new people? Come help water our gardens, groom our peonies, and edge our walks and terraces. If interested, please contact Christine Dean:

cdean@lexingtonma.gov



News from Cary Memorial Library

All programs offered virtually through Zoom. You must register at <https://www.caryllibrary.org/calendar/program-calendar> in order to get the Zoom meeting information. Some, but not all, programs are recorded and available for later viewing on the library's YouTube channel.

Guided Meditation with Leslie Gabriele Mondays, May 3 and 17 at 12:30 pm

Back to Basics: Cooking with Chef Trisha Pérez Kennealy Fridays, May 7 and June 4 at 10 am

Socrates Café, Fridays May 7 and June 4 at 10:30 am

Garden Nursery Tours with Guy and Elaine Doran, and Ashley Rooney, Tuesday, May 11 at 7 pm

Audubon: Spring Pools Thursday, May 13 at 7 pm

English for Chinese-Speaking Seniors Saturdays, May 15 at 1:00 pm

Reel Discussions on Social Justice Tuesdays, May 18 and June 15 at 7:00pm

Nature Photography with David Ewing Wednesdays, May 19 and June 16 at 7 pm

Back to Basics: Sewing Fridays, May 21 and June 18 at 10:00am

Audubon: Life of a Meadow Thursday June 17 at 7 pm

Drop-in Knitting Group Wednesdays at 6:30 pm

Book Clubs

Check our website or newsletter for book club dates and titles. The library provides copies of all books and most upcoming selections are also available digitally.

You can also call the Library's Programming Office at **781-862-6288 x84450** for more information on any programs.

Learn about new events as they are scheduled by subscribing to the library's monthly newsletter! Go to www.caryllibrary.org and scroll to the bottom of the page to sign up.



Textile Recycling

We could all save about 8.5% of the residential waste in Lexington by recycling used textiles instead of discarding them in the household trash!

If you are doing spring cleaning and have textiles to donate, including old and worn clothes, shoes, sneakers and stuffed animals, consider bagging them and placing them in the white drop-boxes at all the nine Lexington public schools labeled Bay State Textiles. They will be repurposed instead of trashed. In addition to finding a new use for your old textiles, Bay State will pay the schools \$100/ton for your efforts. Win-Win!

Curbside recycling of textiles, including clothes, shoes, belts and purses, is also available using the pink bags supplied by Simple Recycling. If you don't have a pink bag you can visit SimpleRecycling.com or call 866-835-5068. Place the pink bags curbside on your usual collection day, a new pink bag will be left when your textiles are picked up. The town receives \$20 per ton of materials collected in the pink bags.

Transportation

May is Bike Month!

Check our website: lexbikewalkbus.org for resources and events, including an E-Bike Info Session, Bike Skillshare, and more!



Medical Ride Appointments

While FISH and the American Cancer Society Road to Recovery program are on hiatus, we are offering replacement rides. This also includes rides to vaccinations. Please call us to book or ask questions at: 781-861-1210.

Lexpress Bus Service

Lexpress is still free for seniors midday from 9:30 a.m.-2:30 p.m! Visit www.lexpress.us for more info.

Lexpress is a "flag" system. Wave to driver as you wait along route to have bus stop. No route on your street? Ask us if a route deviation is possible! 781-861-1210 Masks still required!

MBTA & Senior Charlie Cards

The combined #62/76 is running Monday-Saturday. As of this publishing date, we do not know when the #76 & #62 will return. Senior Charlie Cards can now be obtained online! Visit www.mbta.com

The Ride (paratransit) vs FISH vs Senior Taxi

Seniors often wonder which service they should use for rides when they no longer feel capable of taking public transportation or driving or perhaps struggle to get their groceries home due to mobility issues. See below for more info on each!

The Ride (Paratransit)

The biggest transportation tool in your toolbox is "The Ride" as this service operates 365 days/yea from 5AM-1AM and goes to 58 cities and towns and includes a range of options such as wheelchair accessible vehicles, sedans, Uber, Lyft, and taxis. This service is also going to be the most affordable of any other option and you can get reciprocal eligibility in other places you may visit, such as if you stay with family in another state. The Town pays into this service and about 1,500 rides a month (pre-COVID) were taken in Lexington using this service. Ride drivers (but not Uber, Lyft, taxi drivers) can also carry up to 40 lbs and can assist you to/from the door and into vehicle.



To apply for The Ride, call: 617-337-2727 or email trec@paratransit.org

FISH/Rides to Medical Appointments

FISH is a wonderful volunteer program operating since 1972. They provide free rides to medical appointments, up to one round-trip ride anywhere in the Boston metro area per week. While FISH is on hiatus due to COVID, call the Town at 781-861-1210 to schedule free medical rides. FISH is not only a free ride, but a great way to meet neighbors!

Lex-Connect Senior Taxi

This taxi service is a safety net service for when all the other above options, from public transit, para transit and medical rides are not available. Drivers are not able to carry groceries or assist you to/from door. Call 781-861-1210 to apply.

Veterans

The Lexington/Bedford Veterans Services Department provides information regarding federal, state, and local resources and benefits for Veterans. **Please call Gina Rada, District Director of Veterans Services at 781-698-4848.**



Lexington Veterans Association

These meetings will start at 1:15 p.m. and will be by Zoom conference. Registration is required. A link to the conference will be sent out shortly before the date. For more information visit lexmavets.com.

Monday, May 10, 1:15 p.m.,

Wolfgang Samuel, Vietnam Veteran, Author

Presented by Wolfgang Samuel, TBD, Could talk on one of several books he has written, or his personal experiences in Vietnam.

Monday, June 14, 1:15 p.m.,

Arthur Graham, Next Step Bionics & Prosthetics

Prosthetics: history, current technology, and how bionic technology is helping to restore functions to amputees that was considered impossible a few years ago.

Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

The Friends of the Council on Aging (FCOA)

**Peter Holland, President * Suzanne Caton * Sudir Jain * Janice Kennedy * Mickey Khazam
Lorain Marquis * Shirley Stolz * Jane Trudeau * Emery Wilson * Chris Worcester**

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. For more information please visit their website at www.friendsofthecoa.org.

The Council on Aging Board

**Betty Borghesani, Co-Chair * Julie Ann Shapiro, Co-Chair * Ellen Cameron, Vice-Chair
Camille Goodwin * Gerry Howell * Sudhir Jain * Jyotsna Kakullavarapu * Rich McDonough
Sandra Shaw * Bonnie Teitleman, Secretary * John Zhao**

The COA Board meets monthly via Zoom. The next meeting is March 3 & April 7, 2021
from 2:30 - 4:00 p.m. Working in collaboration with Human Services staff, the COA advocates
for Lexington seniors and advises the Town Manager on policy issues.

Newsletter

The Sage will be sent automatically by mail to Lexington residents age 60 and over. Please consider helping us
"Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to
receive the newsletter electronically, please sign up at www.lexingtonma.gov/email



To be removed from the Post Office mailing, please email gjefferson@lexingtonma.gov

Your Public Officials

The Select Board have weekly office hours to meet with interested citizens to receive comments, suggestions, and concerns.
Reach the Select Board Office by phone at 781-698-4580 or by email at selectmen@lexingtonma.gov.

Select Board	Day/Time	Location
Douglas M. Lucente, Chair	By phone appointment	By phone appointment
Jill Hai., Vice-Chair	By phone appointment	By phone appointment
Joseph N. Pato	By phone appointment	By phone appointment
Suzanne E. Barry	By phone appointment	By phone appointment
Mark Sandeen	By phone appointment	By phone appointment